



PHYSICAL ACTIVITY CONTRACT

I (name) _____,
during the month of (month) _____ **will participate in**
(number) _____ **physical activity sessions of at least (10-30)** _____ **minutes.**
If I successfully do this, I will treat myself to: _____

Printed Name: _____

Signed Name: _____

Date: _____

Planning Ahead - Prepare and do whatever you can ahead of time. Planning ahead helps to overcome the tendency to put off the activity when the time comes to actually do it. Place your walking shoes and socks in your doorway so that you will have to either trip over them or put them on to get in or out. Have air in your bicycle tires and water in your bottle.